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The Intersection of Faith, Nature, and Healing through Moringa in Lahore City

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Abstract

Moringa oleifera, called the "miracle tree," is a highly medicinal and highly nutritional plant. The city of Lahore is known for its faith based practices as well as a multitude of natural healing traditions, and entering Moringa into this landscape becomes an interesting one to understand the traditions of spirituality, nature and the holistic method towards health. Through a cultural and religious lens, an analysis on the cultural and religious significance, health benefits and socio-economic factors for the use of Moringa in Lahore is this paper. Qualitative research of adoption through interviews and focus groups yields that Moringa is based and adoption is deeply rooted in faith and tradition, but barriers remain, including limited awareness and access. The study argues for faith integrated public health strategies that benefit Moringa's potential to reduce chronic diseases and malnutrition.

Introduction

In the areas of culture, society, religion, the environment, and nourishment, plants are vital. Among all other applications, the Middle Palaeolithic, around 60,000 years ago, is when



plants were first used as medication for human health. For hundreds of years, natural remedies have been part of traditional healing systems, often mixed with faith and culture to turn into a whole holistic approach to health (Ali et al, 2022). The term for this intersection is exemplified by *Moringa oleifera*, a nutrient rich plant with a wide range of medicinal properties. *Moringa* is recognized across the globe for its therapeutic efficacy giving it special cultural and spiritual importance in South Asia in particular Lahore Pakistan (Kamran et al, 2020).

Lahore's traditional medicine is often taught by following Islamic teachings, in particular that natural products are a blessing from God. *Moringa* is touted as a potential solution for malnutrition, diabetes, and hypertension as health issues increase (Amer et al, 2023). Despite this, *Moringa* has not been adopted and integrated into mainstream health practices and in the socio-religious form of Lahore. We wish to fill that gap in this study by looking at the relationship of faith and nature and how it will operate in nurturing the perceptions and utilization of *Moringa* in healing.

Problem Statement

Due to its traditional, nutritional, industrial, medicinal value, *Moringa* is recently drawing more attention. This plant is wide range of medicinal uses so it was screened for various pharmacological activities in the last few decades (Ali et al, 2023). This work has been recently reviewed by Robiansyah et al. (2014) of the current status of *Moringa* on its nutrient content, medicinal properties, phenotypic and genetic variation and conservation status. There was however no much information about traditional medicinal values. Although awareness of *Moringa*'s health benefits continues to grow globally, the adoption of its benefits in Lahore is limited by factors. Its advantages, however, are hindered by limited awareness, socio economic differences and insufficient integration of faith based practices into public health strategies. In Pakistan, a nation where religious beliefs and medical practices are so closely interconnected, *Moringa* is a crucial feature of its faith based healing nexus. *Moringa* continues the long held belief that physical and spiritual well being are very much linked, showing up in folk and Islamic medicine which is based in both natural medicine as well as spirituality. Traditional healing itself is the sophisticated mixing of prayer, faith, and the medicinal use of plants like *moringa*, most often taken from Islamic and regional customs. From this perspective, *moringa* is viewed as being a spiritual instrument which summons divine gifts for healing in addition to being a plant of nutritional and therapeutic properties. Without knowledge of the importance of *Moringa* use for both its socio-economic and health dimensions in Lahore, some pressing health challenges in Lahore may be neglected. This study attempts to close this gap by exploring how science and faith converge with tradition to increase the role of *Moringa* in public health.

Research Questions

1. How do cultural and religious beliefs influence the perception and use of Moringa in Lahore?
2. What health and nutritional benefits of Moringa are recognized by local communities?
3. What barriers limit the accessibility and utilization of Moringa in Lahore?
4. How can faith and scientific knowledge be integrated to promote Moringa as a natural remedy in public health initiatives?

Literature Review

There is a long tradition of faith based healing that is part of traditional medical practice, particularly in countries where religion and spirituality are usually part and parcel of everyday life. As is well known, there has been much integration of spiritual beliefs with herbal medicine in anthropological and religious studies, and in medicine generally (Babar et al, 2022). Among such practices, moringa has been one of the most prominent plants, because of its diverse health benefits and deep cultural meaning. This place is a unique arena in which to analyze how faith, healing practices and the moringa use, intersect in Pakistan's health sector. The literature review surveys current research conducted on the role of faith based healing in Pakistan and the medicinal properties of moringa, along with how these two elements converge in faith based health practices.

Faith-Based Healing in Pakistan

Faith based healing is integral to Pakistan's healthcare system, particularly in rural and walled off areas, and particularly linked religious tradition and cultural practices. Health practices in Islam have always rested on the assumption that prayer and divine intervention are powerful. According to Islamic teachings healing is solely in the hands of Allah, and remedies need to be sought in faith (Ullah et al, 2020). How individuals approach traditional remedies is obviously shaped by this religious view. The remedies are often combined with additional recitations or prayers or invocations in the vain hope that spiritual healing will improve on physical recovery. Several studies have referred to the fact that faith healers (who are usually people that have undertaken training in spiritual practices or are believed to have some inherent healing abilities) use a myriad of ritualistic practices which are aimed to treating various types of physical and psychical diseases (Jafari & Jafari, 2017). A second type of healing could involve reciting Quranic verses, using amulets or applying herbal remedies which are said to be blessed by the gods.

The role of spiritual healing is not limited only to search of a spiritual black magic in rural or remote areas of Pakistan. In urban centers, many persons avail themselves of the help of the faith healer, in addition to or, if necessary, to the same extent as the formal medical treatment (Qahar et al, 2020). Research has widely established that spiritual healing practices are regularly observed by Muslims as a development of Islamic therapeutic practices according to the mind, body and soul (Mumtaz & Shaikh, 2016). It is one way in which people shape how they will seek healing – the intertwining of the physical and spiritual aspects of what is considered healing. Modern healthcare offers but Pakistan's medical culture holds on to its traditional healing practices, with many people preferring faith based remedies because they are perceived as efficacious and it is believed to be put under the aegis of religion (Irfan et al, 2017).

Moringa's Medicinal Properties

One of the widely used medicinal plants across countries of South Asia including Pakistan is *Moringa oleifera* known as drumstick tree. *Moringa* is a nutrient and medicinal food that has become a superfood because of its high content of vitamins, minerals, and antioxidants (Padayachee et al, 2017). Thus, the leaves, pods, seeds and flowers of the plant are used for their therapeutic purposes due to their anti-inflammatory, digestion improvement, immune enhancement, and antioxidant protection. *Moringa* is of course used for a wide range of ailments because research has shown it has high antimicrobial, antidiabetic, and anti-inflammatory properties (Laleh et al., 2021).

The plant is high in minerals such as calcium, potassium, and iron, as well as vitamins A, C and E. It is thus a good food supplement in areas where malnutrition is usual. For instance, *moringa's* been shown to help combat deficiencies in nutrients, such as iron deficiency anemia and Vitamin A deficiency that are common in South Asia (Ma et al, 2020). In addition, *moringa* has long been used to treat diseases including hypertension, diabetes and arthritis, and there are many studies which support its medicinal properties for treating such diseases (Meireles et al, 2020).

What's more important is that *moringa* has contributed to the national development of faith based healing in Pakistan, where it is often used in rituals or spiritual practice. The combination of these two factors yields a traditional belief in its miraculous healing powers, which it is also known for because it is treated with Islamic prayers or religious incantations. How *moringa* is being used in faith healing practices is done because of its dual belief system, which is fusing science with spirituality.

The Intersection of Moringa and Faith-Based Healing

The central role moringa plays in traditional, faith based healing and also its medicinal properties are central to how moringa is practiced as a herbal medicine in Pakistan. Several studies suggest that faith healers in Pakistan use moringa along religious rituals, for instance praying or reciting Quranic verses over the plant before it is consumed (Jafari & Jafari, 2017). Studies have consistently looked at these practices as an inference, that there is something to moringa being effective when supernatural assistance is sought, and its therapeutic qualities are enhanced through prayer.

The moral use of moringa within Pakistan's traditional healing systems is viewed in light of the much larger place of herbs in Islamic healing. For instance, many of the traditional healers, which are mostly trained in both herbal medicine and Islamic healing techniques, consider the use of some plants as divinely ordained remedies (Mumtaz & Shaikh, 2016). The healing with these plants including moringa is effective, these healers say, when used together with the Islamic healing technique such as the recitation of Surah Al-Fatiha or blowing prayers onto the plant. The integration of spiritual and medical practices is reflective of the established belief in Pakistan that health is not purely a literal matter of physical health, but the result of a harmonious spiritual life (Nazim et al, 2017).

Moringa is often seen as a gift from God in rural areas, and for centuries has been used as a natural remedy for a range of the most common ailments. In these areas many community healers use the plant in traditional healing rituals combining herbal medicine with spiritual healing. Moringa is a garden established to be used not only by people to free themselves from various physical ailments yet to gain spiritual protection or blessings from Allah. For example, it is used during religious festivals and at times of personal crisis when people come not only to be healed of their physical symptoms but to be saved (by God) as well (Akhtar, 2018).

Moreover, moringa is also being used in faith based healing as well, which is in conjunction with Islamic teachings on health that directs believers to seek spiritual as well as material ways to heal. Numerous faith based healers combine this with a therapeutic approach and the Hadiths (sayings of the Prophet Muhammad, peace be upon him) stress the combination of herbal medicine and spiritual practices in treatment. Plants like moringa is used in Islamic tradition as a form of charity whereby it heals the body and strengthens the relationship between man and the divine (Al-Qaradawi, 2006).

The Role of Faith in Moringa's Healing Power

Faith has central importance to health and healing for many Pakistanis. Illness is seen by the believer as a test from Allah and one that should be sought through both medical treatment and spiritual relief. Apart from being a widely available (naturally) and highly valued plant, Moringa is used as a natural remedy in combination with faith based practices. In this way, although it may be a simple physical solution, it is also a spiritual solution and the idea that healing is a gift from Allah that can be derived through nature or by spirituality via the plant (Ahmed, 2016).

The use of moringa is also within the framework of Islamic faith based healing, which has its own culture ties. In Pakistan, where religious practice heavily guides daily life and faith-based healing is a central pillar of the community's healing path, data drawn from interviews and case studies in rural and urban areas across five provinces reveal an awareness of disease... These rituals easily incorporate Moringa into them as the robust health benefits of Moringa fit into these rituals so individuals don't have to work hard for their bodies and to build their spiritual relationship with Allah.

Limitations and Challenges in the Literature

Considerable literature exists on moringa and faith based healing in Pakistan, however there are some gaps in the current research. They find that most studies that employ moringa as a subject, tend to be from a scientific point of view, as opposed to focusing more on how the medicinal properties of moringa are incorporated into culturally specific healing practices. Furthermore, most of the research on faith based healing in Pakistan is anecdotal, and there is a gap in the qualitative research stream, which seeks to understand how moringa is being used in spiritual healing rituals and how are the faith healers interpreting its efficacy. There is however a need to conduct more research exploring the long term efficacy of moringa in faith based healing practice in contrast to conventional medical treatments.

Methodology

The methodology used in this research is qualitative that explores the role of moringa in the faith based healing in Pakistan. Quantitative research cannot provide in depth insights into what people believe, how they practice and experience traditional as well as faith healing based on moringa in Pakistan given that morals and practices have always played significant roles in Pakistan's cultural and religious context. What we wanted to discover was the spiritual and

medicinal dimensions to the use of moringa and how it is perceived to play a role in preserving one's health and well being within the frame work of one's religious practice.

Research Design

The research has adopted an exploratory, qualitative research design that explores the intersections between natural remedies and faith based healing in Pakistan with a greater focus on moringa. This approach enables the researcher to obtain comprehensive, subjective details of participants' experiences with moringa, their usage of moringa in religious healing rituals and perception of effectiveness. Faith based healing is studied to find how faith based healing overlaps with local knowledge about herbal remedies, and how individuals and healers use moringa in these practices.

Data Collection Methods

This study has collected data through semi structured interview and participant observation. In choosing these methods, the study aimed to access rich and detailed accounts of living with moringa in healing practices so as to gain a deeper understanding of how moringa served as a culturally practiced tool for healing.

a) Semi-Structured Interviews

Primary data collection tool was semi structured interviews. The flexibility of these interviews made it possible for the participant to add his or her input into certain experiences, while opening the opportunity for the researcher to explore the main ideas and issues. The semi structured format lends itself between a set of questions and the ability to let participants expand (i.e. answer what they want to answer (pertaining to the focus of the conversation)).

The target participants for these interviews included:

- **Faith healers and traditional healers** who use moringa as part of their healing practices.
- **Community members** who use moringa in their homes for health and spiritual well-being.
- **Religious leaders** or individuals involved in spiritual healing who integrate herbal remedies into their practices.

The interviews were explore the following key areas:

- The **cultural and religious significance** of moringa in faith-based healing.
- The **specific rituals or prayers** that accompany the use of moringa in healing practices.
- **Perceived health benefits** of moringa in both physical and spiritual contexts.
- Personal **experiences with healing** through moringa, including any stories or testimonies that highlight its effectiveness or challenges.
- **Beliefs about the integration of faith and healing**, including the role of prayer, Quranic verses, and faith in enhancing the medicinal properties of moringa.

b) Participant Observation

The semi structured interviews were complimented by participant observation which gave a better understanding of how moringa is used on a practical level. The actual rituals, prayers and healing sessions where moringa is used, were directly observed by the researcher and enriched the interview data. Community healing sessions with the use of moringa alongside activities like recitation of Quranic verses (e.g., Surah Al-Fatiha, Ayat-ul-Kursi) and other faith based activities were observed by the researcher.

- The way moringa is used for healing (family settings, community healers, religious ceremonies).
- How the person, the healer and the plant intermingle to produce healing.
- How faith can influence the perception of the effectiveness of moringa and in live ways, how people might express their trust in both the plant and their personal religious Ritualistic use of moringa and any concomitant prayers or spiritual activities that make moringa a means to produce its perceived healing power is referenced.

This method allowed the researcher to observe firsthand the rituals, prayers, and healing sessions where moringa is employed, adding richness to the data collected from interviews. The researcher observed community healing sessions, where moringa is used alongside religious practices such as the recitation of Quranic verses (e.g., Surah Al-Fatiha, Ayat-ul-Kursi) and other faith-based activities.

Through observation, the researcher can gather insights into:

- The context in which moringa is used for healing (e.g., family settings, community healers, religious ceremonies).
- The specific interactions between the healer, the plant, and the individuals seeking healing.
- The role of faith in shaping the perception of moringa's effectiveness, including how participants may express trust in both the plant and their religious practices.

- The ritualistic use of moringa and any associated prayers or spiritual activities that enhance its perceived healing power.

Furthermore the researcher documented any non verbal cues such as body language or emotional responses that could signify the significance of the healing to participants. The resulting observations can help provide a more holistic view of how moringa is woven into spiritual healing rituals.

3. Sampling Strategy

The purposive sampling was used to select participants, who are knowledgeable or engaged in faith healing practices with moringa.

- Moringa use by faith healers & spiritual guides on a regular basis in their healing practices.
- People from the community who take moringa as their daily health regime.
- Religious leaders who have familiarity with or knowledge of herbal remedies used in conjunction with spiritual healing.

Study Sample

Religious leaders who have hands with or knowledge about herbal practices used together with spiritual healing.-based healing practices that incorporate moringa. The following criteria guide the selection of participants:

- Faith healers and spiritual guides who regularly use moringa in their healing practices.
- Community members who consume or apply moringa as part of their health routine.
- Religious leaders who have experience with or knowledge of herbal remedies used in conjunction with spiritual healing.

Thus, the researcher wanted to recruit participants coming from both urban and rural areas of Lahore to learn if there are any regional biases in use of moringa. There may be more use of traditional healing practices in rural areas, whereas in urban areas you could see a bit of a mix between modern and traditional.

Considered a target sample size of 15-20 participants, in order to collect a diversity of opinions. As a guide of when there are no new themes or insights, data saturation was used to determine that additional data collection is no longer needed.

4. Data Analysis

1. **Thematic analysis:** It is particularly fitting to qualitative research aimed at the understanding of patterns, meanings, and experiences, and data collected from interviews and observations was analyzed with it. Thematic analysis involves several stages:
2. **Familiarization with the Data:** The researcher became familiar with the data by transcribing the interviews and the observational notes first. The first and foremost in the initial phase was to read and re-read the transcripts and the notes for finding out recurrence of the themes.
3. **Coding the Data:** The researcher produced initial codes by drawing attention to the key phrases within or portions of text relevant to the research questions. The focus of these codes was the cultural, spiritual and medicinal uses of moringa in faith based healing.
4. **Theme Development:** Once coding is complete, the researcher has grouped like codes together to create broader themes that encompass the codes and the pattern and meanings in the data. Topics addressed included how prayer should be used, what moringa signifies symbolically, and how people believe the plant is a spiritual and physical healing remedy.
5. **Interpretation of Themes:** The final stage involved the interpretation of the themes identified in light of the questions under study. The researcher will examine how the themes relate the more general cultural and religious practices associated with the faith based healing in Pakistan; thus highlighting how moringa is included into the practices..

5. Ethical Considerations

- Ethical standards of qualitative research were followed by the study. Ethical considerations included:
- **Informed Consent:** All understood the purpose of, and the procedural grounds for, the study and their right to confidentiality. Consent will be written or verbal and will be obtained from all participants.
- **Confidentiality:** The personal information was kept confidential while participants' identities were protected by pseudonyms when reporting findings.
- **Cultural Sensitivity:** As the research was religious and spiritual in nature, the researcher was particularly attentive to the cultural and religious sensitivities as he conducted interviews and observed.

6. Limitations of the Study

Since the study is qualitative, the findings from this research cannot be generalized to any larger population. Furthermore, the use of self reported data from interviews may introduce biases as interviews may give rise to social desirability bias where people may respond with answers they believe conform to social norms or religious norms. The learning from participant observation may also, in turn, be influenced by the presence of the researcher.

Study Analysis

Data generated through the conduct of semi structured interviews and participant observation are analyzed and key themes on the intersection of Pakistan's faith based healing practices with the use of moringa are presented. The themes presented in this book are derived from the experiences and beliefs of interviewees (faith healers, traditional herbalists, religious leaders and members of the community). The findings highlight the importance of moringa spirit, medicine and role in faith based healing practices.

1. Moringa as a Spiritual Remedy: The Role of Faith in Healing

Throughout the interviews a multi-faceted theme of moringa, much more than an 'outside' physical healing mechanism, was also an 'inside' spiritual healing mechanism. Many participants declared the plant's healing was but part of the moringa's religious ritual, and even its medicinal properties. 'It is the healer Allah has given; but it has to be used with faith.' It's exactly like we are saying over [the medicine] Quranic verses and we are asking Allah for, mercy, barakah on this remedy." To the participant, this is not just a herb, but requires activation as the vessel of spiritual healing through faith.

Most participants believed that the medicinal potential of moringa was helped by the spiritual practices. For example, the participants talked about reciting Surah Al Fatiha (or the first surah of the Quran) before cooking or consuming moringa. Another member of the community said: 'From when we started, what we do is we start by reciting the Surah Al-Fatiha and then give the moringa to a sick person.' It helps bring Allah's blessings and makes the healing process more powerful, they said." This means faith based recitations and moringa is a whole cure which the physical and the spiritual remedies are exchanged.

2. Belief in the Efficacy of Moringa: Health Benefits and Miraculous Healing

But again and again in those focus groups, participants talked of the perceived health benefits of moringa — it was a 'miraculous plant,' they said, that cures headaches, diabetes —

anyone who lacked it is somehow deficient. "One person said that we can heal everything with Moringa; it can cure headaches, digestive problems, high blood pressure." It's a blessing from Allah." These are not just ideas about moringa as a cure, physical or otherwise.

Religious prayers were among some of the issues when faith healers noted how moringa was mainly used to heal serious illnesses like cancer, and chronic diseases. I was told by one healer that "A woman came with terminal cancer." Around prayer I mixed her with moringa and brought her back fully. 'Allah did it really, it was a miracle,' she really believes." Such testimonies are witness to faith based methods of healing through moringa as an intermediary device whereby God's power can heal the body.

However some of the participants however admitted that moringa by itself is not seen as sufficient to combat some serious health conditions, instead for that other forms such as the Amla are required. "One person said we think moringa can be helpful but if somebody is seriously ill, we also go see doctors," another participant said. It's important to bring together both faith and modern medicine." It means that moringa is highly valued but not only that, the users now see the need to seek medical help if the need arises.

3. Cultural Significance of Moringa: The Plant's Role in Religious and Daily Life

Another theme is the cultural and religious meaning of moringa within the wider spectrum of faith based healing practices. Moringa is also considered a medicinal plant as well as symbol of divine providence and a gift from god. Another said, 'Moringa has been part of our family for generations.' "We use it because we believe that Allah gave it to us to keep us healthy," he told RT. That reflected the strong cultural respect for moringa, which is often grown in rural household gardens and used daily in communities.

The plant is used for personal use as well as in community practice. From the process of observation of participant, moregna is often distributed outside communal healing ceremonies and festivals in part for physical and part for spiritual well-being. A rural healer told me that during religious festivals they give moringa tea to the community. This is part of our traditions over one blessing to ask Allah for his mercy." This visualizes moringa as much more than a remedy: it also signals moringa as a shared cultural and spiritual symbol of the reaffirmation of faith and solidarity within a community.

And in some families, moringa use represents a longstanding spiritual responsibility to keep oneself and family healthy and well-beings. 'This is the gift of Allah, and if you are healthy you should thank Allah', one elder added. A part of that thankfulness is Moringa." This focuses on

the plant's symbolical representation of the assertion of faith towards Allah in thanks to his grace with health and provision, establishing the relevance of faith to daily life.

4. The Rituals of Moringa Use: Combining Faith and Herbology

Another key theme was the use of moringa, literally ritualistically as herbal remedies that appeared to integrate spiritual practices with herbal remedies, for example. Specific rituals associated with the use of moringa were described by many participants as consisting of reciting of prayers, doing of spiritual cleansings, and fasting. The doctor told one healer, "Whenever I give moringa to a patient, I first recite Surah Al Ikhlas and blow on the herb." We bless the plant and ask for healing power. That's the way.'" They underscore the idea that healing is more than the herb, it's about the spiritual process in which the herb is involved.

Moringa is often prepared in conjunction with other faith based practices in rural communities. One participant noted: 'We mix moringa with black cumin and honey and recite some special prayers that makes the remedy more effective.' This practice gives us the whole picture of healing of the holistic kind using natural remedies in conjunction with spiritual invocation to create a healing.

5. Challenges and Doubts: Skepticism and Modern Medicine

Moringa is given a little bit of reverence and it is used to heal many people as well, but there were also times when participants harbored some doubts on its sole use for severe health conditions. "There's moringa, for health, and if you have high disease, you go to the hospital," said one urban participant. "I don't think you can fix everything just by taking moringa alone; — that's what I don't believe." The sentiment is seen as a combination of what many people do, using modern medicine with faith based healing practices.

Another healer, however, expressed caution: Moringa is a great natural remedy, but it shouldn't be relied upon as a cure in itself for bigger diseases. 'Hopefully it should complement, not replace, medical treatment,' Cherihs said." Participants recognize the benefits of traditional healing but some realize when such care is necessary.

Discussion and Recommendations

On the basis of the results of this study, several recommendations for further research and broader integration of faith based healing practices into contemporary healthcare systems in Pakistan are made.

1. Further Research on the Efficacy of Moringa in Healing

The study finds strong beliefs in the efficacy of moringa and there is a need for scientific validation of its medicinal properties. Clinical trials and phytochemical studies will be needed for future research to substantiate the ideas of faith healers and community members. The benefits of the medicinal properties of moringa have been previously acknowledged in scientific literature (Anwar et al., 2007), however there is a need for more context based studies of the effectiveness of moringa in faith based healing practices within the pakistani context.

2. Collaboration Between Traditional Healers and Medical Professionals

The faith-based healing and modern medicine have complementary nature and collaboration of faith healers and medical practitioners are possible. The experience of establishing dialogues — a dialogues across groups that are traditionally wary of each other — could promote understanding among these two groups and respect among them for the other's role in supporting health and healing. In areas where the access to healthcare services is limited, this collaboration can potentially result in more integrated healthcare models encompassing both spiritual care as well as medical treatment models.

3. Education and Awareness Programs

Educational programs could be developed to increase awareness of how and why herbal and conventional medicines are, or are not, beneficial. There are some programs that can also highlight to people the use of informed choice in matters to do with their health and the use of spiritual health remedies as well as modern medical care in a balanced manner. Both as a nutritional supplement and as a possible treatment for common ailments, communities can be enabled with knowledge of how and when to safely and effectively use moringa through public health campaigns.

4. Documentation of Traditional Healing Practices

Systematic documentation of traditional healing practice, including moringa use, is needed in Pakistani communities. The ethnographic studies and creation of culture archives which preserve the knowledge of faith healers and herbalists for future generations is one way it could involve.? Such documentation could also be useful in helping develop culturally appropriate health care policies by merging national health care systems with traditional healing practices.

Conclusion

Finally, we conclude that the use of moringa in faith based healing in Pakistan is a complicated mixing of spirituality, culture and medicine. Although moringa is a miracle herb that is well known for its health benefits, when combined with faith based practices, moringa is believed to exert amazing effects beyond its medicinal value. This study indicates the importance of holistic health models that are spiritual as well as medical in nature, but yet recognizes the necessity to balance modalities into modern healthcare practices.

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